

Missouri WIC Waxay Ansixisey Raashin Cusub

Miraha Ilmaha yar (4 wiqiyadood dhalo ah oo kaliya)

Beech-Nut, Gerber, HyVee, Nature's Goodness

Shan nooc oo kala duduwan: tufaan cajiman, fursad, muus, canbaruud, iyo miro qoor dheer oo bahda tufaaca ah



Khudaarta Ilmaha yar (4 wiqiyadood dhalo ah)

Beech-Nut, Gerber, HyVee, Nature's Goodness

Shan nooc oo kala duduwan: kaarooto, digirta cagaaran, khiyaar iyo baradho macaan



Cuntooyinka Ilmaha yar (2.5 wiqiyadood dhalo ah oo kaliya)

Beech-Nut, Gerber, Nature's Goodness

Lix nooc oo dhadhamo kala duwan leh: hilibka lo'da, digaaga, khansiirka, hilibka adhiga, turkiga, iyo hilibka weylaha



Digirta Daasadaha ku jira (Digir/ Faasuuliye)

Bush's Best nooca loo yidhaa oo kaliya(16 wiqiyadood)

Digirta balbalaadhan, shunburo, ta cad cad ee aadka u waweyn, iyo digirta cas



Qabadin isku wada jira/Rooti laga sameeyey Badar Isku wada jira (16 wiqiyadood gobol ah)

Healthy Life – 100% Rooti ka sameysan Qabadin isku wada jira

Badar isku wada jira

Bunny – 100% Rooti ka sameysan Qabadin Isku wada jira

Best Choice – 100% Rooti ka sameysan Qabadin Isku wada jira

Wonder – 100% Rooti ka sameysan Qabadin Isku wada jira



Qabadin Isku wada jira/ Badar Isku wada jira iyo tortiilo jilicsan oo laga sameeyey Xasiid

HyVee – Tortiilo laga sameeyey Qabadin Isku wada jira 100% Tortiilo Qabadin Isku

Best Choice – wada jira laga sameeyey, Tortiilo Jilicsan oo laga sameeyey Xasiid

Chi Chi's – Tortiilada laga sameeyey Qabadin Isku wada jira- nooca fajita



Bariiska Cowlan

Badar isku wada jira oon hore loo soo diyaarin

16 iyo 32 wiqiyadood oo ah kaliya nooca

baakooyinka Nooca dukaanada oo kaliya



Tofu (hadii ay buuxiso shuruudaha)

Mori-Nu Brand – Silken Tofu ee Jilicsan (12 wiqiyadood), Adag (12.3 wiqiyadood), Aad u Adag (12.3 wiqiyadood) Woxoogaa Adag (12.3 wiqiyadood), iyo Silken Tofu Dabiiciga ah ee Adag (12.3 wiqiyadood)

Azumaya Tofu Nooca Adag (14 wiqiyadood)

NaSoya Nooca – Adag Togu Dabiici ah (14 wiqiyadood) iyo Silken Tofu Dabiiciga ah (16 wiqiyadood)

Maleyga Daasadaha

Maleyga tunaha, ee biyaha lagu darey

(5 iyo 6 wiqiyadood)

Salmon Basali ah (5,6 iyo 7.5 wiqiyadood)

Saradiin (3.75 wiqiyadood oo kaliya)

Kaliya haweenka qaata Raashinka VII



Khudaar iyo Miro la Barafeeyey Khudaar iyo Miro Darey ah

Nooc kasta, Cabir kasta

Khudaarta iyo miraha lagu iibsadey kaliya jeega



Caanaha Soyga

(la ansixiyey hadii ay buuxiso shuruudaha)

8th Continent, Noocii hore oo Khaas ah

½ galaan weel ah

Aan dhadhan loo yeelin



Missouri
WIC

Somali (09-09)

FURSAD LOO WADA SIMAN YAHAY/SHAOQ BIXIY ILAALIYA

SHARCIGA XUQUUQDA IYO XADGDUDUBKA

Adeegyada waxaa loo bixiyaa iyada oon lagu saleynin wax takoor ah.